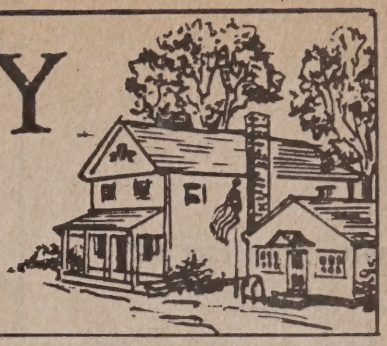
MONTEREY NEWS



NOVEMBER 1984

TOWN MEETING AND HEARING SCHEDULED

Monterey residents are asked to attend a town meeting on Monday, November 5, at 6 p.m. at the new fire house, to vote on a proposed one-year moratorium for multiple-family dwelling construction. Meeting on October 19, the Selectmen recommended the moratorium in order "to permit the Town of Monterey to consider, update and revise its zoning by-laws, to protect the town from ill-considered, hastily conceived, poorly planned or otherwise deleterious development during that planning process, and to provide stability of land use with the town until adoption of revised zoning by-laws." The proposal would also limit the conversion and enlargement of existing buildings for the duration of the moratorium.

Prior to the meeting, a hearing will be held on Friday, November 2, at 7 p.m., at the Town Hall, to elicit public comments about the proposed moratorium.

Also to be voted on at the November 5 meeting is a request to authorize the Board of Selectmen to apply for a grant of $150,000 under the Small Town Road Assistance Program (STRAP) for the purpose of improving Main Road (Route 23), and a request to increase the Inspector of Buildings Appropriation from $1,000.00 to $1,750.00 for the current fiscal year.

MONTEREY ZBA TURNS DOWN PROPOSAL FOR CONDO

On October 10, 1984, the Monterey Zoning Board of Appeals voted unanimously to refuse a request for a special permit for an eleven-unit condominium project on Lake Garfield. The project, proposed by developer Irving Yost of Great Barrington was designed for construction on the former site of Camp Shalom.

Citing existing zoning laws, the ZBA stated that "because the land described in the application contains Lakeshore District land, it is not an appropriate site for multi-family use." Lakeshore District land includes all land within 150 feet of the wate line.

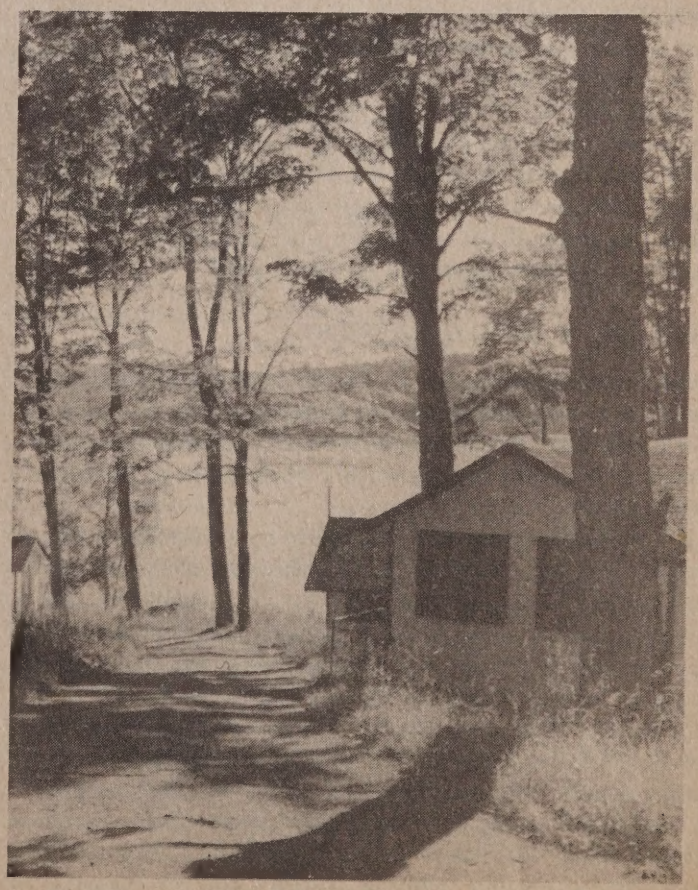
Mr. Yost expressed disappointment at the Board's decision but decline to comment further.

NEW TOWN OFFICE HOURS

The new Town Office hours are: Mondays, Wednesdays, Thursdays, and the second Saturday of each month from 8 a.m. to 12 noon. Otherwise, call 528-1598, the home of Town secretary Maryellen Brown.

CONSERVATION COMMISSION NEWS

The Conservation Commission gave Carlo and Margaret Romairone permission to repair a storage shed and boat dock on their Lake Garfield property, even though the repairs amount to nearly total replacement of the existing structure. Commission member Jed Lipsky reported at the October 30 meeting Town Counsel Hugh Cowhig's opinion that such rebuilding is legal, as long as the original dimensions and use are not expanded. The Commission set several environmental conditions, including prohibition of heavy machinery on the steep bank, avoidance of washing concrete into the lake, and the removal of the old materials with the least possible disturbance to the environment.



The former Camp Shalom, site of proposed lakefront condominiums

CATHOLIC CHURCHES

Masses Schedule

Our Lady of the Valley, Sheffield
Saturday, 5:30 p.m.
Sunday, 7:30 and 10:30 a.m.
Immaculate Conception, Mill River
Sunday, 10:00 a.m.

UNITED CHURCH OF CHRIST

Worship and Regular Meetings

Church school, Sunday at 10:30 during morning worship. Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal Tuesdays, 6:15 p.m. Meditation and prayer, 7:30 a.m. in the Social Room. All are invited. Bible study, Thursdays, 7:45 p.m. at the home of Lucy Smith.

WORK ON SOCIAL ROOM PROGRESSES

For several Saturdays work crews have been preparing the walls of the Social Room for the special type of painting that is to be employed in the renovation of the room. The process to be used is called the Lazure Method and will be done by Robert Logsdon, who is living in the Lake Buel area. Steve Maye has been in charge of the crews during the preparatory work. All who have had opportunity to see examples of this type of treatment of walls declare it has a most pleasing effect. When this phase of the renovation work is completed, other aspects of the renovation will be emphasized.

FAST FOR A WORLD HARVEST

On Thursday, November 15, people in the church and community are being encouraged to participate in a "Fast for a World Harvest." This is an annual event sponsored by Oxfam America, one of the leading world organizations combatting world hunger.

It is pointed out that this year world consciousness is particularly focused on Ethiopia, currently one of the world's most stricken areas with famine due to drought. Oxfam American concentrates especially on searching for means to help various areas become self-sustaining by uncovering means to fight hunger from within the area.

In the Fast for World Harvest people are encouraged to fast on November 15 as a symbol of solidarity with the world's hungry people. Then people are asked to give what they save on food by not eating to help provide food for those who do not have food. The church will be forwarding all monies received for the Fast for a World Harvest to Oxfam America. People in the community are encouraged to join in this meaningful expression of solidarity with all the hungry people on the earth.

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ELIZABETH SIMONS HONORED

Elizabeth Simons, after many years in Monterey, is moving to the area from which she came, near Saratoga, New York. The church and community honored her with a coffee hour following morning worship on October 28.

A statement of the esteem in which she is held in the community was presented to her by Jean Stowell. Following this a book in which many had written statements of appreciation and best wishes was given to Mrs. Simons by Marie Brallier.

THE ESSENCE OF DRAWING

(as far as I have been shown after nearly 20 years)

Ana's monologue while in the midst of actively drawing with ink.

"There's a head.
A church head.
I'll put on one leg.
That looks like a ballerina is dancing.
Now it's a turkey head.
A turkey-church-head.
It's like a picture of my whole life.
I made a bird.
I made a ballerina-bird.
I'll put on a nose.
I'm going to make two noses.
Isn't that funny.
Jump, Jump, Jump.
Little writing steps."

— Steve Maye

Upon seeing the film, MONTEREY LIGHTS THE WAY

Something happened here
Some say it ruined the town
Some say it drove up real estate
Some say there's not enough wind
For the Wind Blades.
Some say Monterey is an island of Sanity,
In an Insane world,
Some applaud and hooray this,
Some say something happened.
Some say candles or goat cheese is not the point.
Some were born here, some were pulled here
Some are long gone, always close.
Some mow the lawns, some raise the flag,
Some throw rocks at the geese.

There is no Tanglewood in Monterey
But there are concerts and readings
There are choirs and kazoo parades.
There is a grandeur in this Village
That any creature of God might feel,
Noses in or out of The New York Times.
Toes in or out of the Lake.
Ear in or out of the News.

Monterey means Mountain of the King.
Some might say the King is Jesus.
Some might say the King is Buddha
Or Krishna, Deus, Theos, Dieu, Gott,
Brahma, Bog', Khuda, Allah, Kami,
Ten-shu, Jehovah or Jah.
Some might say the King of Kings
Is Christ or Kali or Profit or Peace,
The Lord, Ens Entium, Wakantanka, Odin.
Our languages are so rich and varied.
Monterey means Mountain of the King.
This is what "Monterey" means.
But what does this spot on the Globe mean
And what do the people mean, who mean to stay here
Through all of the Seasons
Or just the Winter
Or just the Summer
Or just the Spring (blackflies!)
Or just the Autumn
What does this Place mean?
Aside from media blitz and energy contests.
Why was it an energy drain to finish the film?
How many qued takes to make a homey typical scene of
Serene Monterey? (The gulf between "life" and "art")
What do we mean to each other and are we mean to each other
And what do we mean when we say we care and are here
To be at Home? Do apples really not land if they are dropped
In Monterey. "It's all yours. Everything you see is yours."
It all belongs and radiates on the Mountain of the King.

— Steve Maye

Two Halloween Revelers

YOUTH NEWS

Girl Scout Troop #66

The Monterey Girl Scouts have combined with New Marlboro Troop #66 this year due to small enrollment. Pam Gillette is leader with Yvonne Stevens and Linda Whitbeck assisting.

On Saturday, October 27, the girls held their Annual Halloween Party for children up to fourth grade. It was held from 1:00 to 3:00 at the Umpachene Grange in Hartsville and was a big success, if you judge by the turnout.

The Scouts are planning a ceremony to recognize the girls who "flew up" to Cadettes from Monterey last spring. Due to the flooding in Monterey (including the library, their meeting place) last spring, the girls ended their year rather abruptly and didn't have the usual "end-of-year" ceremony to award the girls their hard-earned badges.

Cub Scout Pack #51

Chris Burkhart, Chris Callahan, Asa Hardcastle, Kip Loder, Michael Ohman, Alex Simpson and Colin Storti are working on achievements to earn their Bear badge. October meetings have included: sit-ups, push-ups, a softball throw, and other exercises for a physical fitness achievement; wonderful mobiles of cardboard, wire and fishing line, now hanging in Roberta Roy's classroom; a walk to Mill River to research a report on their favorite mammal, reptile or fish; two-man push-pull contests; bird feeders made for use at home. A special "Thank you" to Eleanor Stalker for giving the Cubs so much help at the library.

On October 23 the boys went on a nature walk at Flying Cloud with Bonner McAllester.

Brownie Troop #237

One beautiful fall day, the Brownies went fishing. Under the direction of Bill Sadlowski, each girl learned to bait the hook, cast, and reel the fish in and learned how to remove the fish from the hook. There was a lot of excitement when each girl caught her first fish. Thanks again to Mr. Sadlowski for all his help.

The troop was also kept very busy making Halloween decorations for the Halloween party sponsored by the New Marlborough Girl Scout troop.

NEWS FROM MONTEREY KINDERGARTEN AND NEW MARLBOROUGH CENTRAL SCHOOL

The Monterey Kindergarten is enjoying a busy month. Weekly, while the weather is good, the children walk to the Monterey Library, where Mrs. Jeanne Zad, a seasonal resident of Monterey, reads stories to them and also shows films. Donna Burkhart, Shaylan's mother, visited the school with the family pet—a parrot named Patron, and Linda Brazie, Tom's mother, came to the kindergarten to lend a hand to Mrs. Callahan and Linda Whitbeck. The class traveled to Tall Pines Farm one day, where Peggy and Bob Thieriot let each child choose a pumpkin to take home. They have also been doing a nutrition study while enjoying snacks: celery stuffed with peanut butter, apple slices dipped in peanut butter and popcorn with a choice of sugar or salt. The children were delighted to welcome Joshua Vogel, who returned to the area and entered the kindergarten on September 12.

Grade 3 has been studying the four main groups of American Indians—Woodland Indians, Indians of the Plains, Indians of the Desert and Indians of the Sea. Many handwork activities were accomplished with the help of the classroom aide, Mrs. Nell MacKenzie. This study of Native Americans has involved map skills, reading and art experiences. Newcomers to the third grade this year are Rebecca LaRose and James Graham III from Great Barrington and Kimberly Simpson from the Sheffield Center School.

Grade 2 has completed an integrated unit on apples. Apples were used for the Math unit on fractions, and afterwards the children got to eat the math lesson. For Social Studies they studied Johnny Appleseed and then the students wrote stories about Johnny. They learned about the many varieties of apples, apple products and the nutritional value of apples. Linda Brazie, Andy's mother, showed the class how to make "apple turkeys." Three new pupils have entered second grade: Christopher Hoffman, Sarah Selzer and Japheth Ketcham, who moved to Southfield from South Egremont.

The fourth grade has been doing some interesting projects this fall. The students have made gravestone rubbings with Mrs. Donna Drew, elementary art teacher. These rubbings are on display outside the classroom and are really works of art. Jennifer Stevens has completed the book *Slave Girl* and has been doing research on the Underground Railroad. Ten children are working with Jennifer and Mrs. MacKenzie on

continued next page →

continued from page 4

the play, *O, Freedom*. The class has also been working on silhouette autobiographies. The pupils are designing collages on their silhouettes to represent their likes and dislikes, interests, hobbies, family, etc. Several Indian projects have been undertaken by the students. They made a Plains environment depicting the Plains Indians and a buffalo hunt. They also made totem poles portraying the Indians of the Pacific Northwest. Fourth grade students from Sheffield Center School who are now enrolled at New Marlborough are: Pat Agar, Carl Bierce, Alex Simpson and Jeffrey Snyder. Christopher Burkhart, who moved to Monterey in June from Michigan, completes the list of new students for this grade. The fourth grade baking, under the direction of Mrs. MacKenzie has begun. Once again the wonderful aroma from their cooking drifts through the school. They have made Raisin Bran muffins and Torta di Pere alla Paesana (a country cake with fresh pears) to celebrate the traditional Columbus Day. this is a modest cake that comes straight out of the country kitchens of Italy. On the agenda for the next few weeks are spicy apple muffins and pumpkin bread. Last but not least, the class is also participating in the pencil essay contest being sponsored by Farshaw's in Great Barrington.

October 15-October 19 has been declared National School Lunch Week. On Wednesday of that week the children at New Marlborough Central School joined other students across America eating this year's National School Lunch Week menu. Mrs. Jean Curtis, Cafeteria Manager, served Marathon Spaghetti, Honor Rolls, Maestro Tossed Salad, Blue Ribbon Fruit Choices, TLC Milk and Honey-Oatmeal-Raisin Cookies.

News from Grade 1 . . . after studying long and short vowels and learning the first two reading "keys" the children are READING!!! They have completed their long and short vowel booklets and are starting consonant sounds. Several children who attended kindergarten at the Sheffield Center School have now joined our first grade. They are Christopher Bierce, Karly Canger, Michelle Dawson, Melissa Hanson, Andrea Johnston, Leigh Anna Marchione, Jessica VanDeusen and Melanie Wickwire. Ryan Fol moved to Southfield from South Egremont and entered the class on September 24.

On September 21 awards were presented to the following students who participated in the Summer Reading Program: Melissa Hanson, Andy Brazie, Paul Makuc, Jordan Loder, Jenee Eichstedt, Stephen Ball Jr., Elizabeth Stevens, Kim Clapp, Tish Thorpe, Stacy Palfini, Mike Winn and Jennifer Stevens.

The Preschool has been very busy making all kinds of special decorations for Halloween. The children have made a large "friendly ghost" and a huge pumpkin. Lucinda Shmulsky, mother of Levi, volunteered in the class and helped the children make some delicious carrot juice for their snack. The Preschool plans to take a field trip on October 23 to the Corn Crib's pumpkin patch to gather pumpkins. The construction of the Preschool's additional classroom is nearly completed. Mr. Wandall, the school custodian, has been working very hard to put the finishing touches on the room. The staff is presently in the process of planning a combination Halloween/Open House get-together for the children and parents in the program. Any community member who wishes to visit the program may do so by calling Gary Burkle at 229-8867.

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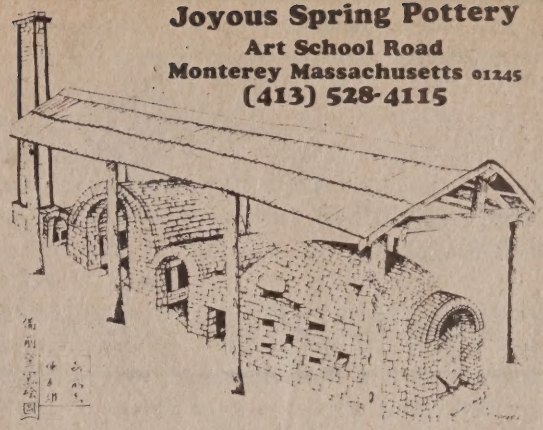

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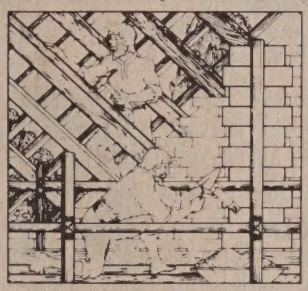

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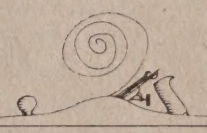

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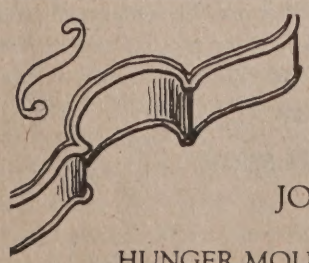

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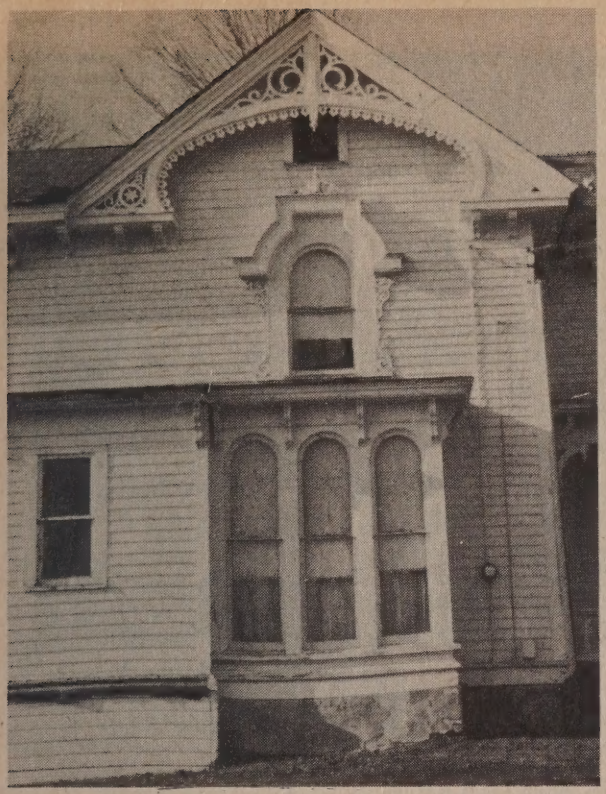

The Straher House

CORASHIRE ROAD TO HARTSVILLE

One last walk with Julius Miner and Wallace Tryon, in which there is as much social history as there is architectural and natural history.

Let us go toward Great Barrington and take the third road to the left. Notice the lovely scroll-work on the house on the corner. *(Now Paul Straher's house.)*See the oxen in the field, reminding us of bygone days. Look for wildlife in the water hole a little further on our right. *(Wallace Tryon says the ducks still come there every year.)* Still further on the left, observe the heavy growth of trees on the bank. Look for arbutus here though much of it has been recently removed.

Next, we see a barn. Back of this is the foundation of another where stood the first silo built in Monterey. It was rectangular in shape. Look for its foundation in the cellar hole.

Now we see a house on the left. Its owner forged part of the huge links in the great chain swung across the Hudson River during the American Revolution. Its purpose was to prevent British warships from going up the river toward Albany.

(This farm . . . was owned by Louis Doncaster. Louis married Edna Call and lived there with their son Robert. Louis was an auctioneer by trade and was as good as the best getting the highest price for the article being sold. One day word came to the village that Louis had hanged himself in the old barn across the road. Later on Edna married Elmer Roberts, a young man from Sandisfield who had bought the land and buildings at the intersection of Route 23 and Route 7 in Great Barrington. There Elmer built a gas station and sold SOCONY gas and oil, and did light repairs. Later Elmer Roberts sold the station to his stepson, Robert Doncaster, who is the present owner and operator of the station. Mrs. Edna Doncaster sold her place to Dr. Frederick Brown, a dentist, who had an office and home in Great Barrington. Dr. Brown and his wife Florence had two sons, Peter, the oldest, married Joan Harmon and they have three boys, Peter, David, and Steven. Peter lives on the farm with his mother and aunt, Mrs. Alice Burhans, who when her husband had died, came to live with her sister Florence. Peter is postmaster in Great Barrington.—Wallace Tryon)

Here [at the Brown farm] was built the first spring wagon made in Monterey. It was constructed to carry two thousand pounds. Every Sunday the builder was accustomed to carry an old neighbor to church with him. When the aged man saw the new wagon, he refused to ride in it, fearing that it would not carry his weight.

It has long been a custom for any resident of Monterey who is married privately to put up cigars in some public place to appease his fellow citizens. Failure to do this subjects one to a possible "horning" as it is called hereabouts—a sort of callithumpian serenade.

One evening, a bride was brought secretly to the Doncaster [now Brown] house, her future home. Alas, the news spread and a horning was inevitable. A crowd gathered with cylinder saws suspended on crowbars, horns, drums, devil's fiddles and anything that would make a noise. No one came to the door or window. All was dark and so quiet that the house seemed to be vacant.

As the crowd was about to disperse in disappointment, someone spied a feather of smoke from the chimney. At once, some men climbed up onto the roof and put boards over the chimney top. Soon, the house was so full of smoke that the bride and groom were forced to open the doors and permit the uninvited guests to enter.

A devil's fiddle was made by using a large wooden box and a plank. The edges of the box were well rosined as was the plank. The plank was used as the bow and the box as the fiddle. The result was a loud rasping noise with a vibration felt, often, to the tips of one's toes.

> [From here Wallace Tryon will take us through Sheldon Fenn's farm to the Town line, marked by a stone bound on the left of the road.]

This road was called the Middle Road to Hartsville. It was changed to Fenn Road after Edward Fenn bought the farm from M. Moses. To me, it was where G. Forest lived. Edward Fenn who had owned a large house in the village of Otis, traded his house in Otis for the farm in Monterey owned by Moses. Edward had one son, Sheldon, by his first wife. Edward, having lost his wife, married Mrs. Kate Hardisty, who had a son named Robert Hardisty. Leaving Otis and moving to Monterey as boss farmer for Winthrop Phelps, he lived in the tenant house at the foot of Cheese Factory Hill, now owned by the Claude Burkes. The transaction took place between Fenn and Moses, and Fenn left Phelps, moving his family to the farm on the so-called Middle Road to Hartsville. Sheldon finished college and married Beatrice Terry from Southfield. They came to the farm to live in a small house next to Sheldon's father. Ed and Kate had one daughter named Mary, who married Ernie Dunham for her first husband. Mary and Ernie had one son called Ernie Jr. before they separated. Mary married the second time to Mr. Merit and gave birth to two girls. Mary died in 1971. Edward Fenn died and by arrangement with his wife, Kate, the farm was

continued next page →

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taken over by his son Sheldon and wife Bea. Kate's son by her first husband, Robert Hardisty, married for his first wife Evelyn Stafford, the daughter of Mr. and Mrs. Earl Stafford, who lived at Swan Lodge at Beartown State Forest. Robert and Evelyn were not married long before they separated and Robert married Violet Gilmore from Tyringham. . . . they adopted a boy whom they named Richard. For many years Robert worked for Mrs. Willets, training horses for show at Madison Square Garden, in New York City. For the last several years Bob has been a caretaker for the Peter Schweitzers, living at the old Upton cottage, located at Stevens Pond.

scrap of paper
on a wooden tabletop
AT DUSK

photo by Sally Fijux

An example of Historical Society plaques

NEW DUMP HOURS

The winter hours for the Monterey Sanitary Disposal Area began on Sunday, October 28, and will be as follows:

Sunday	10:00 a.m. to 4:30 p.m.
Wednesday	7:00 a.m. to 12:00 noon
Saturday	8:00 a.m. to 1:00 p.m.

Stickers for authorized users' automobiles may be obtained from the Town Clerk, from Selectman Hans Kessler, or from the Town Office Secretary.

HISTORICAL SOCIETY REPORT

Was your house built before 1900? If it was and you would like a plaque to indicate the age and by whom it was built, just let the Monterey Historical Society know.

The Society will give you the plaque when you show some proof of the building date. Should you want one for a younger home, one can be furnished but there will be a small charge.

The first one goes to Mr. and Mrs. Henry Makuc. Their house is one of the oldest in Monterey and is now on the National Register. Plaque number two will go to Mr. and Mrs. Richard Tryon, whose house was built in 1786.

— Sally Fijux

TAKE A DAY OFF...

...from smoking. Join the Great American Smokeout on Thursday, November 15. Millions of Americans across the country will make a fresh start and try not to smoke for 24 hours. How about you? Or, if you don't smoke, *adopt* a smoker for the day and promise to help that friend get through the 24 hours without a cigarette!

AMERICAN CANCER SOCIETY

A few **"quit tips"**

Hide all ashtrays, matches, etc.

Lay in a supply of sugarless gum, carrot sticks, etc.

Drink lots of liquids, but pass up coffee & alcohol.

Tell everyone you're quitting for the day.

When the urge to smoke hits, take a deep breath, hold it for 10 seconds, & release it slowly.

Exercise to relieve the tension.

Try the "buddy system," and ask a friend to quit too.

84-(10MM)-No. 5680-LE

Lyman Thomson sets a new drainpipe on Route 23 near Bidwell Road

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NOTICE OF INTENT TO CONSERVATION COMMISSION

In an innovative move, the Town of Monterey has submitted a Notice of Intent to the Monterey Conservation Commission for a series of major flood repair projects, such as replacing and enlarging culverts, repairing a bank and cleaning out a ditch.

Since all property owners are subject to the Wetlands Act, the Town's cooperation can be seen as a concerned approach. The suggestion that the Town submit a Notice of Intent came from Ray Tryon of Tryon Construction Company, the Town's primary contractor.

The Commission approved the Town's proposed projects with a number of conditions, among which were that the work should be done in such a way as to have minimum impact on:

a. The physical stability of the stream banks;
b. The water-carrying capacity of the existing channel within the banks;
c. Ground and surface water quality;
d. The capacity of the banks and streams to provide breeding habitat, escape cover and food for fisheries.

Also, the work should minimize "adverse effects such as the suspension or transport of pollutants, increases in turbidity, the smothering of bottom organisms or the accumulation of pollutants by organisms."

Furthermore, "special consideration will be given to water-carrying capacity of structures downstream of Projects 2 and 3. If necessary, the culvert under Sandisfield Road shall be enlarged, as well.

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NEWS FROM GATEWAYS

Stress Syndrome

Do you lose energy easily and suddenly? Feel weak and shaky until you have your next cup of coffee with sugar? Feel depressed or irritable without any apparent reason? Feel "crazy" and "all over the place"? Can't sleep at night and feel tired all day? One of the causes of these symptoms might be Stress Syndrome, which results from an overload or imbalance on physical or emotional levels. Coffee and sugar sometimes appear to provide an instant pick-up. However, in a short time they cause a drop in blood sugar, which produces an additional strain on the body and will create the need for another pick-up. And you are off on a roller coaster ride of highs and lows.

Many times a change in diet will help to correct some of the imbalances and help you feel better.

A diet consisting of high fiber foods such as whole grains, vegetables, fruits, nuts and seeds, and some protein can be helpful. Because they are a high-fiber food, whole grains provide a slow, steady release of nutrients into the bloodstream. It is good to have a little protein at each meal (approximately four ounces); i.e., fish, chicken, meat, eggs, nuts and seeds, tofu or yogurt.

The most important time to have your major protein is early in the day. It may be helpful to have several small meals during the day rather than three large ones.

Have as many vegetables as possible, some as salad and some cooked. One or two helpings of fresh fruit during the day are also beneficial.

Vitamin B complex and Vitamin C are supportive during periods of stress.

Vinegar and honey may also be helpful. To make a stock, mix in a jar 1/2 cup of apple cider vinegar that is wood-aged, from a health food store, with an equal amount of unheated honey, also from a health food store. To make your honey and vinegar drink, take between one and two tablespoons of the mix to a glass or cup of cold or hot water. Keep the stock bottle refrigerated. If you wish to read more about the benefits of honey and vinegar, see Dr. Jarvis's book, *Vermont Folk Medicine*.

Dr. Paavo Airola has written a book called *Hypoglycemia*, which covers many of the stress symptoms mentioned above. It can be purchased at many health food stores, or at New Spirit in Monterey.

If you have any questions on this or other matters of health, please write Gateways, c/o the *Monterey News*.

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YEAR OF PERSONAL GROWTH

The Berkshire Center for Psychosynthesis will be offering "A Year of Personal Growth through Psychosynthesis" beginning in November.

Psychosynthesis is a process that affirms our capacity as human beings for growth, creativity and loving action in the world. It takes into account both the personal and the transpersonal or spiritual dimensions of the individual and works toward their synthesis.

The purpose of the 24-week program is to support and facilitate the life journey of its participants. It will provide practical tools for self-understanding within a caring atmosphere, supportive of self-exploration and growth.

For complete information and registration forms, contact the Berkshire Center for Psychosynthesis, P. O. Box 152, Monterey 01245.

Infinity bathes Aurora
in the Purple Mountains

WOOLLY BEARS

Everyone gets busy in the fall. October's cool clear weather calls us out with our rakes and saws, encouraging us laughingly with sunshine and the fleeting beauty of the trees; at the same time nipping us sharply on the heels with early darkness and nights of frost. Keep moving, October says, you can loll about in July, but you'd better scurry now or you'll get caught by the cold moons of winter.

So we peg right along with our chores, dreaming sometimes of the long winter evenings to come. Even the smallest creatures are dreaming in their own ways of the winter's rest, as they rush about in the Indian summer days. One of these is the woolly bear caterpillar. For his size, he fairly races across the paths and sidewalks, making about four feet per minute on his six true legs and ten stubby prolegs. The ones we see now are the second generation of the year. They hatched from eggs laid during the summer and are engaged now in an urgent search for the perfect hibernaculum, or winter sleeping place. At this stage they have feasted and grown for about a month and are ready to curl up under dead wood, leaves or loose bark until spring comes and calls them out to nibble green leaves again.

In the spring we will see the fall woolly bears for a short time. Then they will spin a cocoon of silk, woven together with their own bristly hairs. During two weeks' miraculous pupation inside the cocoon, the bear becomes a tiger. Woolly bears are the larval form of a large group of nocturnal moths of the *Arctiidae* family called tiger moths. There are 3,500 species of tiger moths, many of which have brightly colored hind wings with yellow or orange patches and black lines. They keep their colors hidden beneath drab brown forewings, hiding in camouflage against their background. But if danger threatens, in the form of a hungry blue jay, the tiger flashes its warning colors. If the blue jay has ever sampled a tiger moth before, it will heed the warning: this is a moth with a chemical defense system. Tiny drops of toxic yellow liquid ooze from two openings behind the collar when the tiger moth is threatened. For those predators against whom poisonous secretions are not enough protection, the tiger moth has another secret weapon. On either side of the metathorax there is a device called the timbal organ which makes very high-pitched clicking sounds which are actually capable of jamming the echolocation of hunting bats.

Tiger moths are nectar eaters, visiting various flowers. The females are often heavy with several hundred eggs, so they don't fly as much as the males do. Some tiger moths use a device for attracting females which combines bright flashing colors with alluring smells. The combination is irresistible. On each wing the male has a drab-looking flap (one on each "shoulder"). With the flaps in place he is just another moth, nothing special. But when he folds them down out of the way, his bright yellow "scent-brushes" are revealed, each one reeking of amorous intent. A female of the appropriate species, whose only thoughts a moment before were of blue jays and flowers, suddenly finds herself in love, drawn to sweet smells and yellow bristles.

After mating, the female lays her eggs in clusters on certain plants. A few days later the eggs hatch and the tiny woolly bears nibble the leaves where the eggs were laid. These babies are the first generation of the summer. They grow quickly to their full woolly bear size, up to 2⅛ inches long, and spin cocoons in protected places for pupation. The adult tiger moths which emerge lay eggs which hatch to form the second generation, or fall woolly bears.

Sometimes summer seems filled with insects, including the caterpillars. There are so many flying and crawling, buzzing and chewing, that it's hard to focus on individuals to learn which is which. In the fall we see fewer insects and fewer blossoms. It's a good time to start learning the wildflowers and the insects which are typical of this time of year. Goldenrods and asters make hardy floral displays after most summer flowers have gone to seed, and rippling through these flowers on little short legs is the banded woolly bear, taking a nibble here and there as he hunts for his winter retreat.

I think the woolly bear was the second caterpillar I came to know when I was a child. The first was the inchworm. I was told this slender looper was taking measurements. If he landed on my shirt it was a sign I'd be getting a new one soon. The woolly bear, though more pedestrian in gait, is gorgeous to behold. The bristles of his black bands and orange middle glisten in the sun as he moves along at his fast pace, and his shiny black head gleams. He too is thought to carry a message for the rest of the world, a long-range forecast of the winter. If his black bands are proportionately long and his orange middle seems short, then we'll have a hard winter. If he has small sections of black at the head and tail, the winter will be mild. Actually these predictions are all in the eye of the beholder. The woolly bear's bands of color correspond with his stage of development, which is unlikely to match the winter yet to come.

We may not be able to predict the fierceness of winter by the woolly bear's bands, but as he hurries to bed and geese honk off to the south, the main message is clear: keep moving, says October, after this comes winter.

— Bonner McAllester

INDIAN NOTES

Native Foods

Most of us know that the European invaders of America learned about native foods from the Indians and, in fact, depended upon them. But we forget the sheer quantity: 75% of the food plants we eat today were unknown to Europeans 500 years ago! Before the Spanish and English ever came to the New World the Native Americans had domesticated and hybridized over 150 varieties of corn, 400 varieties of potatoes and almost countless varieties of beans. Squash, pumpkins, tomatoes, peanuts, peppers, chocolate and vanilla are among the other foods first domesticated by the high Indian civilizations of Central and South America; the great triad, the "life-giving sisters," Corn, Beans, and Squash, found their way north to become food staples of the Indians, and, hundreds of years later, of the European inhabitants of New England.

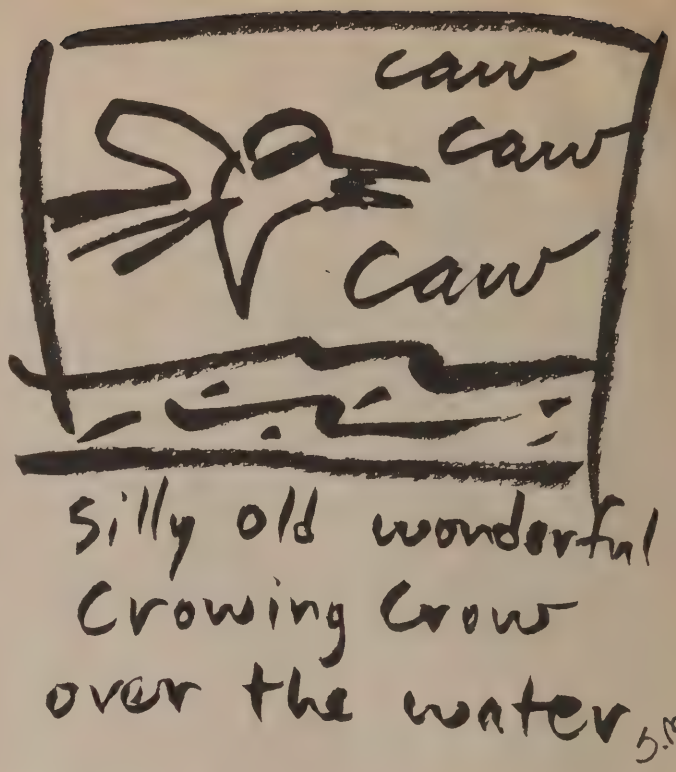
But what of the wild plants? I will start here with the trees which provided a large share of the food now scarcely used since most of the Indians have gone and the remnants have adopted European food habits. Consider the beech: if you have the patience to gather the small nuts they are one of the tastiest delights of the woods. They can be eaten raw, roasted, or ground to make a caffeine-free coffee, or powdered into a nutritious flour. The Indians made nut-cakes of such flour with cornmeal added. The batter could be fried in deep fat or roasted over hot coals and then given extra flavor with maple syrup. That is not all the bounty of the beech tree. The Iroquois, and very likely their Mahican neighbors, dried and ground the inner bark to make bread. In addition, the new leaves in the spring could be cooked and eaten as greens.

The beech is not the only tree with edible bark. The Iroquois called the Hurons *"Hadirondacks"* (tree eaters), and early travelers reported the reason: whole groves of pine trees stripped of their bark for this purpose. A shipload of sailors dying of scurvy were saved by New England coastal Indians, who restored the sailors' vitamin C balance with the inner bark of pine trees, at a time when Europeans were still ignorant of the dietary cause of this dread disease.

Tons of acorns scatter to the ground every fall and were once a staple wild food used by the Indians from coast to coast. Our sixty native species of oak are made up of two families, white and red: the acorns of all are high in food value. White oak acorns can be eaten raw or prepared in the ways described for beechnuts. Red oak acorns are bitter and toxic and require soaking to leach out the tannin. They should be dried and ground and then steeped in a succession of water baths until they taste sweet.

Walnuts and butternuts are more familiar additions to this roster of native American wild nuts, and valedictory mention should be made of the once abundant chestnut. All of them can be made into nut "milk" by pounding in a mortar with a little water added. This can be used as a seasoning with other foods or boiled into a fragrant soup. Nut oil was obtained by boiling the ground meats and skimming the oil from the surface. It was used, as was maple syrup, to season vegetables, pot herbs, and meats. After centuries of sweetening their foods it took the Indians a long time to appreciate the European habit of seasoning with salt.

— David McAllester



MONTEREY LAND TRUST

A group of interested Monterey citizens has joined to form the first town land trust in Berkshire County, and this group will be holding the first membership meeting on Friday, November 16, at 7:30 p.m. in the church basement.

In April this group—Hans Kessler, Joe Baker, Bill Brockman, Lew and Joyce Scheffey, Mike Banner, Carol Lewis, Arthur and Alice Somers, Peter Vallianos, Roger Tryon, Kent Smith, Ellen Pearson, Dick and Barbara Tryon, Bob Thieriot—met for an informational meeting with George Wislocki of the Berkshire Natural Resources Council and endorsed the formation of a land trust for Monterey. By-laws were drawn up and approved at a subsequent meeting, and nonprofit incorporation papers were filed through the aid of Pittsfield attorney Kelton Burbank.

The Monterey Land Trust will promote for the benefit of the townspeople the preservation of natural resources and open spaces, and it will be the focus of the Trust to preserve much of Monterey's remaining farmland in agricultural production, to protect waterways, ponds and lakes and to set aside a sufficient portion of Monterey's forestland to insure Monterey's rural character. The Trust will also serve as a source of information for state programs such as Title #61 Forestry and Farmland Acts, and the Agricultural Preservation Restriction.

The meeting in November will primarily provide information about the Trust. A few short talks will be followed by questions, and printed information will be available.

Standard dues will be $5 per year. Donations are encouraged and tax deductible. There will be no fund raising at the meeting, but one may join at the meeting or by mail: Monterey Land Trust, c/o Bob Thieriot, P. O. Box 173, Monterey 01245. For information, call 528-9266.

Thanksgiving cabbage

SMALL FARMS DAY BEING PLANNED

In celebration of Berkshire County agriculture and to promote greater regional food self-reliance local Extension and agricultural personnel are planning Small Farms Day. A committee, headed by Cathy Roth of the Berkshire County Cooperative Extension Service and Terry Kennedy, vocational agriculture teacher at Monument Mountain Regional High School in Great Barrington, is bringing together local farmers, agriculture students, agency specialists, and other practitioners to present this one-day event. Small Farms Day will be held on Saturday, November 10, at Monument Mountain Regional High School. Registration fees are $4.00 for adults and $2.00 for students.

A wide variety of workshops, exhibits and demonstrations will be held throughout the day. These programs are designed to provide information for the backyard gardener as well as larger scale agricultural operations.

As a sampling of events, there will be workshops on growing herbs, winter protection of perennials and shrubs, and food preservation methods for home gardeners. Agricultural topics range from raising sheep on a small scale and running a dairy operation to growing hay and corn as a business. For woodlot owners there are workshops on woodlot management, farm and timber taxation and Christmas tree production.

Everyone will enjoy watching demonstrations of horse team logging, cider pressing and working sheep with a border collie. And for those interested in visiting a working farm there will be a tour of nearby Windy Hill Farm which specializes in growing tree fruit and small fruit.

Ms. Roth and Mr. Kennedy say that this is the first time this comprehensive educational program geared to small-scale agriculture has been held in the South Berkshire area. They hope that it will become an annual event.

For more information regarding Small Farms Day, contact Cathy Roth at the Berkshire County Extension Service (448-8285).

MONTEREY GRANGE NEWS

Monterey Grange #291 met October 3 for a Competitive Program with Stockbridge Grange #295. Monterey Grange won. Alice Shaffer and Tillie Butler were co-captains. Stockbridge Grange had an interesting program with a melodrama skit and monologue. Judges were Betty Legeyt Martin of Sheffield Grange; Betty Wilber, Overseer from Sandisfield Grange; and Florence Jones Ceres from Great Barrington Grange. There will be two fund raisers: a raffle and a food sale at Adams Super Market, dates to be announced.

Next meeting was October 17, when Deputy Alicia Brazie was present for ritual instruction.

The Youth Committee with Patricia Hardisty and Tillie Butler as co-chairmen will sponsor a food sale at Adams Super Market on November 10. Food may be left at Terry Callan's and Violet Hardisty's houses.

Raffle tickets have been given out. The tote bag made and donated by Ann Vickerman was won by Sarah Richards. Lecturer Mary Wallace and Past Master John Lossin will be delegates to the State Session at South Deerfield, MA.

The next meeting will be November 7 for Pink and Green Sash Night.

— Mary Wallace
Lecturer

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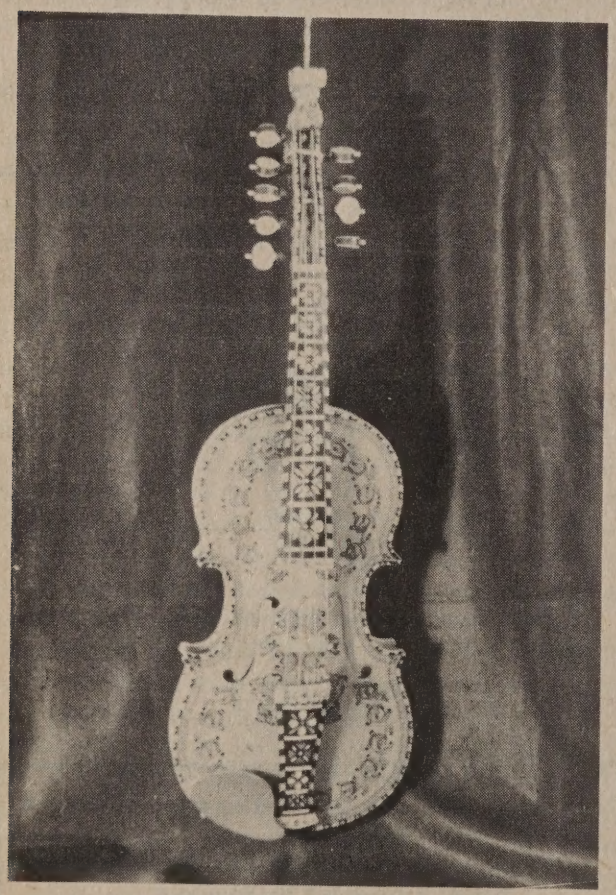
PERSONALS

Joel Kalodner, who celebrated his 13th birthday on October 20, was called to the Torah as a Bar Mitzvah at the Sabbath Services on November 3 of Hevreh of Southern Berkshires. Joel is the son of Nancy Kalodner of Beartown Road and Howard Kalodner of Great Barrington.

POPULATION INCREASE AT CITY DESK

We accept with relief and gratitude the kind offer of Ted Tchack to be our Town News Reporter.

Meanwhile, Chris Marshall returned briefly from her summer on the West Coast and took time to cover a few events for us for old time's sake. For one never-to-be-forgotten month the *Monterey News* had *two* reporters!



Joe Baker recently completed the Norwegian Hardanger fiddle pictured above. He made it to serve as an example of the work he does in his Hunger Mountain Instruments studio as well as for himself to enjoy playing. Its combination of bowed and sympathetic strings produces an unusual sound peculiar to Norwegian fiddle music, but the fiddle can be played to good effect in other kinds of folk music.

Joe followed a pattern from a book written in old Norwegian. Kaare Bolgen of Cronk Road, Sandisfield, translated the instructions. The fiddle, made of maple and spruce, is inlaid with intricate mother of pearl designs. The fingerboard and tailpiece are made of ebony, and on each there is an inlay of mother of pearl, ivory and abalone. There is a floral embellishment of pen and India ink.

LETTERS TO THE EDITOR

Dear Ms. Pearson:

I'm sure that I'm not the only one who was taken aback by the insensitivity of Harcourt Brace Jovanovich, Inc., with respect to your request for permission to reprint the Wendell Berry poem [see September 1984 issue of *Monterey News*]. It seems to me that you are the one who should be receiving the paymnt, for having provided such fine publicity for the publisher and the author. That being the case, enclosed please find my check intended to either cover the fee which you were obligated to pay, or to simply help you in your good work with the *Monterey News*.

Very truly yours,

Samuel J. Friedman
Blue Hill Road

Thanks, Mr. Friedman. We appreciate your help and sympathies.—Ed.

PATCHWORK CLOWN NURSERY SCHOOL

The Patchwork Clown Nursery School is held on Wednesday and Friday afternoons from 12:30 to 2:30 in the Monterey Kindergarten.

There are still openings for children ages 3, 4, 5. For information, please contact Cathy Rodgers at 528-9338.

CHP PLAYGROUP

The playgroup sponsored by the Children's Health Program of Great Barrington meets every Thursday from 9:30 to 11:30 a.m. at the Flying Cloud Institute, New Marlborough. For information call Cathy Rodgers, 528-9338.

NEEDED: TOYS FOR TOY AND GIFT SALE

The Monterey-New Marlborough PTA is looking for donations of old and never-used toys, jewelry, sporting goods, old and new books.

The Annual Toy and Gift Sale will be held on December 10 and 11 at the New Marlborough Central School, Mill River.

Donations may be dropped off at the school or contact Margee Ohman, 528-1785.

ARTHUR F. STOIBER

Arthur F. Stoiber, formerly of White Plains, New York, died on October 1. He was 95.

He spent many summers as a boy and later as a young man with his family at Lake Garfield.

He was educated at Phillips Exeter Academy and Harvard College.

He made his home for many years in Scarsdale and later White Plains, New York.

Memorial services were held at St. Bartholomew's Episcopalian Church in White Plains on October 5.

He is survived by his wife, his nephew Richard (summer resident on Bidwell Road), a great niece, Christine Fahlund, and a great nephew, Philip Stoiber.

VNA HEALTH PROMOTION CLINICS

The Southern Berkshire Visiting Nurse Association is sponsoring the following Health Promotion Clinics in November. All clinics are free of charge to South County residents (donations are accepted). For more information call the VNA at 528-0130.

Stockbridge (1:00-3:00)	Nov. 7	Heaton Court
	Nov. 21	Town Hall
Otis (1:00-3:00)	Nov. 6	Library
	Nov. 20	Library
Sheffield (1:00-4:00)	Nov. 13	Dewey Memorial Hall
	Nov. 27	
Sandisfield (12:00-2:00)	Nov. 19	Library
Gt. Barrington	Nov. 26	Senior Center

CALENDAR

Contra and Square Dance Schedule

Saturday, November 10—Square and Contra Dance, New England-style, at the Sheffield Grange, Route 7, Sheffield, Mass. 8:30-11:30 p.m. Beginners and children welcome. All dances taught by caller Joe Baker, music by Mountain Laurel. Refreshments served. Adults, $3.50; children, $1 to dance until intermission. Information: 413-528-9385 or 518-329-7578.

Saturday, November 24—Square and Contra Dance, New England-style, at the Sheffield Grange, Route 7, Sheffield, Mass. 8:30-11:30 p.m. This program is for people who have done it before. Joe Baker, calling, music by Mountain Laurel. Refreshments served. Admission: $3.50. Information: 413-528-9385 or 518-329-7578.

Gateways

Thursday, November 8—An introductory evening to a series of six workshops called "Learning the Language of Dreams: A Process of Self-Revelation." Bring a dream and a notebook to this introductory session, which begins at 7 p.m. and runs until 10 p.m., at the Berkshire Center for Psychosynthesis, Hupi Road, Monterey. For information, call 528-4825.

ACKNOWLEDGEMENTS

The *Monterey News* wishes to thank the following for their contributions and support: John Sellew; M/M Peter D. Wolf; Alden Smith; Brian Tanner; Mrs. Joe Owens; Don and Ellen Coburn; Dr. & Mrs. Herbert Silberner; M/M Robert Hardisty; M/M Ernest S. Wietter; F. W. Thober; Maria Marwill; M/M Stanley Aradziel; Weitz and Barnett; Helen Jean Secondari; William Thorn; Karl and Shirley Quisenberry; Jarlath Crowe; Keith and Karen Quisenberry; Christine Sadlowski; Jacob G. Sharefkin; M/M Bernard Kaminstein; Leslie and Richard Roth; John E. Kochanowski; Evelyn and Sam Semaya; William Swan and Richard Dunlap; Robert A. Weitz; M/M John T. Camp; Joel Curtis; Patricia Howard; Earl and Ruth Champigny; Annette Swanson and Louise Buonaguro; George and Kathryn McVey; M/M Robert H. Porter; Royal and Jane Shepard; Marianne Williams; Lillian and Michael Wright; Nancy Dinan; Claude Medeot; Gerald Curtis; Mrs. Donald H. LaMudge, Sr.; Marvin and Carol Schwartzbard; Judith Oplinger; Hildegard Wolff; Les and Ardele Gile; M/M William A. Stevens; Kathy and Stewart Hegleman; Albert Wallace Tryon; Debby Rankin and Larry Heald.

COMMENTS

The *Monterey News* wishes to thank the following for their contributions. Their helpful comments and suggestions follow their names.

Laurence Barbieri—Look forward to the news items, being a native of Monterey. Born there September 30, 1907, on Fairview Road. In the old days I believe it was known as Mudd Lane.

Alan Roland—Great!

Alf B. Pedersen—Thank you!! I appreciate!

M/M Martin Kileen—As one-time residents, we continue to enjoy receiving it.

Larry and Betty Silk—We love keeping up with life in our favorite town through the excellent reporting and writing of your "little" paper.

Thomas H. Unque—Very enjoyable newsletter.

Roger G. Dunhoff, Jr.—Keep up the good work.

The Donald Shaws—Always interesting and informative to us as we have two daughters in town.

Leona Chamberlain—Enjoy.

Helen B. Shaw—Gets better all the time!

M/M Robert Hoogs—Great job!

Dr. Robert C. Emmel—We could not do without news of Monterey year round since we are only summer visitors. A well-put-together paper. Virgil Brallier always has something worthwhile in his column.

Carl Long—Keep up the good work!

M/M William McCord—The paper is remarkably well done. Congratulations to all of you who make it possible!

Ruth H. Gordon—I do so enjoy all the personal news as well as all the activities of the town.

Mrs. Howard F. Colt—Excellent.

Miss Dorothy M. Stretch—While it is many years since I was a summer resident of Monterey, I still enjoy keeping up with the news. There are so many new names—very few I recognize.

Shirley and Bud Pearl—Always inspiring and informative!

Rick Mielke

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